



# **Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder**

*Paul Mason MS, Randi Kreger*

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Do you feel manipulated, controlled, or lied to? Are you the focus of intense, violent, and irrational rages? Do you feel you are 'walking on eggshells' to avoid the next confrontation?

If the answer is 'yes,' someone you care about may have borderline personality disorder (BPD). Stop Walking on Eggshells has already helped nearly half a million people with friends and family members suffering from BPD understand this destructive disorder, set boundaries, and help their loved ones stop relying on dangerous BPD behaviors. This fully revised edition has been updated with the very latest BPD research and includes coping and communication skills you can use to stabilize your relationship with the BPD sufferer in your life. This compassionate guide will enable you to:

- Make sense out of the chaos
- Stand up for yourself and assert your needs
- Defuse arguments and conflicts
- Protect yourself and others from violent behavior

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